

Looking to get fit, tone up or lose weight,
Wollondilly Leisure Centre's Health Club
Memberships allow access to each
of our fitness facilities and services

Membership Includes

"Take out a membership to get unlimited access to.."

- Gym
- Swimming Pool
- Group Exercise Classes
- Fitness Assessments
- Personalised Workout Programs

Health Club Benefits

"What's great about our Gym.."

- Open 7 Days
- Air Conditioned
- Trainers on site to assist and advise
- No Lock-In Contracts

How to Get Started

We have a range of memberships available,
from Fortnightly, to 3, 6 & 12 Month options.

Speak to our staff when you next visit and we will
help find the membership option that best suits
your goals

Unlimited Access

"Follow your own routine with unlimited access 7 Days"

With our Health Club Membership you can visit as often as
you like, 7 Days a Week.

You are welcome to follow your own workout program or
take part in our Group Exercise Classes, including access to
the swimming pool whenever you wish.

Workout Programs

"Let our Trainers design a program just for you"

All memberships come with the option of having an exercise
program designed just for you by one of our qualified gym
trainers.

Let the staff know your goals and follow the workout
they design. Workout Programs are **FREE** with Health Club
Memberships, update as often as you like.

Fitness Assessments

"Track your progress & maximise your results"

A great way to track your progress, our fitness assessments
are also a fantastic way to keep motivated as you record your
progress from week to week. Fitness Assessments are **FREE**
with Health Club Memberships, update as often as you like.

Health Club FAQ's

How do I take part in a Group Exercise Class?

There is no need to book, simply come along & all classes are
FREE for Health Club Members.

Can I use the gym without being a member?

Yes, casual single visits sessions are available from reception.

What's the minimum age allowed in the Gym?

16 years to workout by yourself.

12 years to take part in Teen Gym Classes & Supervised Workouts

12 years to take part in Aqua Aerobics provided a parent is in the class

Can I suspend my membership if I'm going to be away?

Yes, simply fill out a suspension form available from reception.

Are there any Lock-In Contracts?

No, you can cancel at anytime with 30 days notice.

Simply complete the cancelation form available from reception.

Teen Gym

"Exercise workouts designed especially for Teenagers"

During the teenage years it's important to follow a program
that will lay the foundations for a healthy and injury free
body later in life. Our Trainers are on hand to supervise and
instruct our workouts designed especially for Teenagers.

Supervised Workouts This is your time to come along and use our
gym facilities with a trainer on hand to assist
and supervise your workouts.

Teen Gym Classes 60min fitness class with a variety of indoor
& outdoor workouts to keep you motivated.

	Mon	Tue	Wed	Thurs	Fri
Teen Gym	4:00pm		4:00pm		
Exercise Class	5:00pm		5:00pm		
Supervised	4:00pm		4:00pm		4:00pm
Workout Time	5:00pm		5:00pm		5:00pm

Personal Training

"One On One session with our qualified fitness trainers"

If you're looking to get that extra kick-start to your exercise
routine, love a tough workout or are simply after someone
to supervise your return to exercise after an extended break,
A Personal Training might be just for you.

"It's not just about lifting weights"

Our personal training sessions are all about variety and
keeping you motivated on your way to health & fitness.
With indoors, outdoors, the swimming pool & gym available
our trainers will design a workout just for you.

Come along with 2 other friends for a **group training** session.
Split the cost between 3 people for an affordable workout.

	Members	Non - Members
Personal Training	30min Workout	\$25.00
	60min Workout	\$40.00
	5 Pack (1h Workouts)	\$187.50
	10 Pack (1h Workouts)	\$350.00
		\$230.00
		\$450.00

Health Club & Gym

Opening Hours

GYM & Health Club



As a Member you get unlimited access to:

- Gym
- Swimming Pool
- Group Exercise Classes
- Fitness Assessments
- Personalised Workout Programs
- No Lock-In Contracts
- Open 7 Days

Winter Season	Summer Season
Weekdays 5:30am to 8:00pm	Weekdays 5:30am to 8:00pm
Saturdays 7:30am to 5:00pm	Saturdays 7:30am to 6:30pm
Sundays & Public Holidays 9:00am to 5:00pm	Sundays & Public Holidays 9:00am to 6:30pm

Winter Season Hours Are From April to October

The Centre will be closed on Christmas Day, Boxing Day and Good Friday
Fitness Classes do not run on Public Holidays



Wollondilly Community Leisure Centre
434 Argyle St Picton NSW 2571

Ph: (02) 4677 1251
www.wclc.com.au

FREE
7 Day Trial*
Ask at reception

*conditions apply